

Rainier Beach Pool SWIMMING LESSONS April 15 – June 16

Registration Begins:
Online:
In Person:
By Phone:

March 5th at 12 noon
www.seattle.gov/parks
8825 Rainier Ave S.
206.386.1925

PARENT & CHILD AQUATICS

Ages: 6 months - 4 years

American Red Cross Parent and Child Aquatics introduces you and your child to basic swimming skills. As parents, you learn how to safely work with your child in the water and how to prepare and encourage your child to participate fully and try the skills offered. In addition, everyone is introduced to water safety topics along with songs, games and lots of fun. Each child must be accompanied in to the water by a parent or adult. Swim diaper or tight fitting plastic pants are required.

THREE-YEAR-OLD LESSONS

Age: 3 years old

We introduce children to basic water adjustment skills, bubbles, breath-holding, front and back floats, kicking, arm pulls and water safety skills. Children must have initial water comfort and be able to work in the water with an instructor. To ensure safety and quality, we maintain a 3:1 student to instructor ratio.

FAMILY LESSONS

Age: 4-8 years old

Learn beginning swimming skills with your own child in a fun and relaxed atmosphere. Some of the skills covered include breath control/rhythmic breathing, kicking, floating, beginner stroke work, and lifejacket safety. Parent/guardian does NOT have to know how to swim but must be in the water with their child.

KINDER LESSONS

Ages: 4 & 5

Participants start with basic water adjustment and advance through front and back floats, flutter kick, rolling from front to back, side breathing, crawl stroke with side breathing, backstroke, whip kick, treading water, diving, and water safety skills. On the first day of class, children are sorted into groups by ability with a 6:1 student to instructor ratio to ensure safety and quality.

BEGINNING SWIMMER LESSONS

Ages: 6 - 16

Our specially designed **Seattle Swims** Lesson Program puts the emphasis on safety, fitness and fun! Our teaching techniques utilize well organized progressions for learning, plenty of practice and instructor feedback. This class mainly focuses on floating, gliding and kicking, crawl stroke with side breathing, elementary backstroke, backstroke, whip kick, breaststroke, treading water diving and more water safety skills. We will group children by ability on the first day of class to provide the best opportunity for your child's success.

SPECIAL POPULATIONS LESSONS

Ages 6-17

These are individual or small group lessons for children with special needs. We provide pool chair lifts and portable stairs for easy access. Please contact the pool for registration.

ADVANCED SWIMMER LESSONS

Ages: 6 - 16

Prerequisite: Swimmers must have passed Beginning Swimmer, be comfortable in deep water, and swim 25 yards of strong crawl stroke, backstroke, whip kick, and dolphin kick. Advanced swimmer adds breaststroke, butterfly, and backstroke along with longer distances and stroke refinement.

Participants who do not meet this prerequisite will be dropped from the course and moved to a Beginning Swimmer class, if space is available. Pretests are available during Public Swims.

ADULT STROKE DEVELOPMENT

Ages 16 and up

In this course, you will refine swimming strokes and build endurance. Whether you want to train for a triathlon or become better at swimming laps for fitness, this is the class for you! Deep water comfort and ability to swim 25 yards (length of the pool) without stopping is required.

ADULT LESSONS

Ages 16 and up

All ability levels welcome! Small groups with similar goals are arranged so instruction can focus on the basics all the way to learning a variety of strokes and water safety. Enjoy exploring the possibilities while developing lifelong and lifesaving skills.

CLOSURES: May 27th for Memorial Day

REFUNDS, WITHDRAWS AND TRANSFERS

Partial prorated refunds are available if you drop a class **prior to the second lesson of the session**. \$5 or 10 % withdraw fees apply. These fees apply to any withdraw, even if you wish to register for an alternate class. Full refund is issued if Parks cancels a program. More information on refund policy is available on request.

We reserve the right to cancel any program that does not have the minimum number of participants enrolled.

Class	Days	Start Time	End Time	Start	End	# Classes	Cost	Barcode
Parent and Child Aquatics Ages 6 months old to 4 years old	Mon	10:00 AM	10:30 AM	15-Apr	10-Jun	8	\$64.00	18401
	Mon	6:00 PM	6:30 PM	15-Apr	10-Jun	8	\$64.00	18402
	Tue	10:00 AM	10:30 AM	16-Apr	11-Jun	9	\$72.00	18403
	Tue	5:30 PM	6:00 PM	16-Apr	11-Jun	9	\$72.00	18404
	Wed	10:30 AM	11:00 AM	17-Apr	12-Jun	9	\$72.00	18391
	Wed	6:00 PM	6:30 PM	17-Apr	12-Jun	9	\$72.00	18392
	Thu	10:00 AM	10:30 AM	18-Apr	13-Jun	9	\$72.00	18393
	Thu	5:30 PM	6:00 PM	18-Apr	13-Jun	9	\$72.00	18394
	Fri	10:00 AM	10:30 AM	19-Apr	14-Jun	9	\$72.00	18395
	Fri	5:30 PM	6:00 PM	19-Apr	14-Jun	9	\$72.00	18396
	Sat	9:00 AM	9:30 AM	20-Apr	15-Jun	9	\$72.00	18397
	Sat	9:30 AM	10:00 AM	20-Apr	15-Jun	9	\$72.00	18398
	Sun	9:30 AM	10:00 AM	21-Apr	16-Jun	9	\$72.00	18399
	Sun	10:00 AM	10:30 AM	21-Apr	16-Jun	9	\$72.00	18400
3 Year Olds	Mon	10:00 AM	10:30 AM	15-Apr	10-Jun	8	\$112.00	18434
	Mon	5:00 PM	5:30 PM	15-Apr	10-Jun	8	\$112.00	18435
	Mon	6:00 PM	6:30 PM	15-Apr	10-Jun	8	\$112.00	18436
	Tue	10:00 AM	10:30 AM	16-Apr	11-Jun	9	\$126.00	18437
	Tue	10:30 AM	11:00 AM	16-Apr	11-Jun	9	\$126.00	18438
	Tue	4:30 PM	5:00 PM	16-Apr	11-Jun	9	\$126.00	18439
	Tue	5:30 PM	6:00 PM	16-Apr	11-Jun	9	\$126.00	18440
	Wed	10:00 AM	10:30 AM	17-Apr	12-Jun	9	\$126.00	18418
	Wed	10:30 AM	11:00 AM	17-Apr	12-Jun	9	\$126.00	18419
	Wed	5:00 PM	5:30 PM	17-Apr	12-Jun	9	\$126.00	18420
	Wed	6:00 PM	6:30 PM	17-Apr	12-Jun	9	\$126.00	18421
	Thu	10:00 AM	10:30 AM	18-Apr	13-Jun	9	\$126.00	18422
	Thu	4:30 PM	5:00 PM	18-Apr	13-Jun	9	\$126.00	18423
	Thu	5:30 PM	6:00 PM	18-Apr	13-Jun	9	\$126.00	18424
	Fri	10:00 AM	10:30 AM	19-Apr	14-Jun	9	\$126.00	18425
	Fri	10:30 AM	11:00 AM	19-Apr	14-Jun	9	\$126.00	18426
	Fri	5:00 PM	5:30 PM	19-Apr	14-Jun	9	\$126.00	18427
	Sat	9:00 AM	9:30 AM	20-Apr	15-Jun	9	\$126.00	18428
	Sat	9:30 AM	10:00 AM	20-Apr	15-Jun	9	\$126.00	18429
	Sat	2:30 PM	3:00 PM	20-Apr	15-Jun	9	\$126.00	18430
	Sat	3:00 PM	3:30 PM	20-Apr	15-Jun	9	\$126.00	18431
	Sun	9:30 AM	10:00 AM	21-Apr	16-Jun	9	\$126.00	18432
	Sun	10:00 AM	10:30 AM	21-Apr	16-Jun	9	\$126.00	18433
Kinder Ages 4-5 Years Old	Mon	10:30 AM	11:00 AM	15-Apr	10-Jun	8	\$80.00	18371
	Mon	4:30 PM	5:00 PM	15-Apr	10-Jun	8	\$80.00	18386
	Mon	5:30 PM	6:00 PM	15-Apr	10-Jun	8	\$80.00	18387
	Tue	10:30 AM	11:00 AM	16-Apr	11-Jun	9	\$90.00	18388
	Tue	5:00 PM	5:30 PM	16-Apr	11-Jun	9	\$90.00	18389
	Wed	10:00 AM	10:30 AM	17-Apr	12-Jun	9	\$90.00	18372
	Wed	4:30 PM	5:00 PM	17-Apr	12-Jun	9	\$90.00	18373
	Wed	5:30 PM	6:00 PM	17-Apr	12-Jun	9	\$90.00	18374
	Thu	10:30 AM	11:00 AM	18-Apr	13-Jun	9	\$90.00	18375
	Thu	5:00 PM	5:30 PM	18-Apr	13-Jun	9	\$90.00	18376
	Thu	6:00 PM	6:30 PM	18-Apr	13-Jun	9	\$90.00	18377
	Fri	10:30 AM	11:00 AM	19-Apr	14-Jun	9	\$90.00	18378
	Fri	4:30 PM	5:00 PM	19-Apr	14-Jun	9	\$90.00	18379
	Fri	6:00 PM	6:30 PM	19-Apr	14-Jun	9	\$90.00	18380
	Sat	9:00 AM	9:30 AM	20-Apr	15-Jun	9	\$90.00	18381
	Sat	10:00 AM	10:30 AM	20-Apr	15-Jun	9	\$90.00	18382
	Sat	2:30 PM	3:00 PM	20-Apr	15-Jun	9	\$90.00	18383
	Sat	3:00 PM	3:30 PM	20-Apr	15-Jun	9	\$90.00	18384
	Sun	10:30 AM	11:00 AM	21-Apr	16-Jun	9	\$90.00	18385
	Sun	6:00 PM	6:30 PM	21-Apr	16-Jun	9	\$90.00	18390

Class	Days	Start	End	Start	End	# Classes	Cost	Barcode
Begining Swimmer Ages 6-16 Years Old	Mon	6:00 PM	6:30 PM	4/15	6/10	8	\$64.00	18365
	Mon	6:30 PM	7:00 PM	4/15	6/10	8	\$64.00	18366
	Tue	6:00 PM	6:30 PM	4/16	6/11	9	\$72.00	18367
	Tue	6:30 PM	7:00 PM	4/16	6/11	9	\$72.00	18368
	Wed	6:00 PM	6:30 PM	4/17	6/12	9	\$72.00	18353
	Wed	6:30 PM	7:00 PM	4/17	6/12	9	\$72.00	18354
	Thu	6:00 PM	6:30 PM	4/18	6/13	9	\$72.00	18355
	Thu	6:30 PM	7:00 PM	4/18	6/13	9	\$72.00	18356
	Sat	10:30 AM	11:00 AM	4/20	6/15	9	\$72.00	18358
	Sat	11:30 AM	12:00 PM	4/20	6/15	9	\$72.00	18359
	Sat	2:30 PM	3:00 PM	4/20	6/15	9	\$72.00	18360
	Sat	3:00 PM	3:30 PM	4/20	6/15	9	\$72.00	18361
	Sun	10:00 AM	10:30 AM	4/21	6/16	9	\$72.00	18362
	Sun	11:00 AM	11:30 AM	4/21	6/16	9	\$72.00	18363
	Sun	11:30 AM	12:00 PM	4/21	6/16	9	\$72.00	18364
Advanced Swimmer Ages 6-16 Years Old	Mon	5:30 PM	6:00 PM	4/15	6/10	8	\$64.00	18350
	Tue	5:30 PM	6:00 PM	4/16	6/11	9	\$72.00	18351
	Wed	5:30 PM	6:00 PM	4/17	6/12	9	\$72.00	18346
	Thu	5:30 PM	6:00 PM	4/18	6/13	9	\$72.00	18347
	Fri	6:00 PM	6:30 PM	4/19	6/14	9	\$72.00	18348
	Sat	11:00 AM	11:30 AM	4/20	6/15	9	\$72.00	18352
	Sun	10:30 AM	11:00 AM	4/21	6/16	9	\$72.00	18349
Special Population Ages 6-17 Years Old	Mon	4:00 PM	4:30 PM	4/15	6/10	8	\$64.00	18414
	Tue	4:00 PM	4:30 PM	4/16	6/11	9	\$72.00	18415
	Tue	6:00 PM	6:30 PM	4/16	6/11	9	\$72.00	18416
	Wed	4:00 PM	4:30 PM	4/17	6/12	9	\$72.00	18408
	Thu	4:00 PM	4:30 PM	4/18	6/13	9	\$72.00	18409
	Thu	5:30 PM	6:00 PM	4/18	6/13	9	\$72.00	18410
	Thu	6:00 PM	6:30 PM	4/18	6/13	9	\$72.00	18411
	Fri	4:00 PM	4:30 PM	4/19	6/14	9	\$72.00	18412
	Fri	5:30 PM	6:00 PM	4/19	6/14	9	\$72.00	18413
Adults Ages 17 & up	Mon	11:30 AM	12:00 PM	4/15	6/10	8	\$64.00	18341
	Mon	5:30 PM	6:00 PM	4/15	6/10	8	\$64.00	18342
	Wed	11:30 AM	12:00 PM	4/17	6/12	9	\$72.00	18335
	Wed	5:30 PM	6:00 PM	4/17	6/12	9	\$72.00	18336
	Fri	11:30 AM	12:00 PM	4/19	6/14	9	\$72.00	18337
	Sat	11:00 AM	11:30 AM	4/20	6/15	9	\$72.00	18338
	Sun	11:30 AM	12:00 PM	4/21	6/16	9	\$72.00	18339
Adult Stroke Development Class	Tue	8:00 PM	8:45 PM	4/16	6/11	9	\$108.00	18344
	Thu	8:00 PM	8:45 PM	4/18	6/13	9	\$108.00	18340
Senior Adult Ages 50 & up	Tue	11:30 AM	12:00 PM	4/16	6/11	9	\$72.00	18343
Pre-Competition	Fri	6:00 PM	7:00 PM	4/19	6/14	9	\$144.00	18417
Family Lesson	Sat	10:30 AM	11:30 AM	4/20	6/15	9	\$72.00	18370

Women Single Gender Programs

Seattle Parks and Recreation is proud to offer single gender public swim and swimming lessons for women who, because of cultural or personal reasons, cannot swim in a co-ed environment. During these programs the windows to the pool are covered and only female instructors are employed for privacy.

Class	Days	Start Time	End Time	Start	End	# Classes	Cost	Barcode
Kinder Ages 4 and 5 Years Old (Girls Only)	Sun	6:00 PM	6:30 PM	4/21	6/16	9	\$90.00	18390
Beginning Swimmer Ages 6-16 Years Old (Females Only)	Sun	5:30 PM	6:00 PM	4/21	6/16	9	\$72.00	18369
Women & Teens 12 Year Old & up (Females Only)	Sun	6:00 PM	6:30 PM	4/21	6/16	9	\$72.00	18345



Seattle Children's
HOSPITAL • RESEARCH • FOUNDATION

YOU CAN BE A SUPER HERO TOO! As part of our ongoing commitment to water safety, Seattle Parks and Recreation—in partnership with Seattle Children's

Hospital and supplemented by donations from the community made to the You Can Be A Super Hero Too campaign—is offering scholarships to supplement the cost of swim lessons for youth ages 4 to 16.



Can you make a donation?

To make your donation to the Seattle Parks and Recreation swim lesson scholarship fund, visit any Seattle Parks and

Recreation swimming pool, or donate online to www.arcseattle.org/get-involved/. For more information, call your local pool or 206-684-7185. Be a hero and help every child become a super swimmer!

Lesson Tips of the Quarter

Attendance

Your children's learning relies on a lot of factors, including skill level, student-teacher relationships, class control to name a few. But, the greatest factor that we often forget is attendance. If a student is in class and actively participating, they will learn more.

The first thing that comes to mind when we are asked "Why can't my kid swim?" is whether or not the child has good attendance and properly engaged in class. Registration is not enough—following through with consistent attendance, active participation and paying attention will let you reap the benefits of your classes. Below are some other ripple effects of having good attendance.

Ripple # 1: ***It makes sure that every student fits their class.***

On the first day of lessons, we group kids together according to skill level and assign their teachers. Lately with some of our bigger classes, only half of all registered students show up. This does not let us see everyone's skill sets and the groupings end up wonky. When everyone shows up, it makes the process more effective and the students are set up for success.

Ripple # 2: ***The student obtains and retains skills better.***

The more we do things, the more they become natural to us. The more we practice, the better we get. The same is true in swim lessons. We want them there, and we want them to keep coming. That's the best way for them to get the practice and instructions they need to be safer and better when in the water.

These are quick and easy ways to help you, other patrons and the staff make sure that we achieve our aquatic goals. We are excited to have you here at Rainier Beach Pool and Community Center.

Happy Swimming!

Do you know a swimmer who needs a scholarship?

To learn more about applying or to receive a Low-Income Scholarship application, please speak to a front desk attendant.

Approved scholarships may be used for any swimming lesson, with additional funding available to Kinder, Beginning Swimmer, and Advanced Swimmer lessons.